



USDA
Forest
Service

IN THIS ISSUE:

- ♦ Rocky Mountain Youth Corps Partnership
- ♦ Understanding the Ten Essentials For Survival When Hiking and Backpacking



Above: Rocky Mountain Youth Corps member works to eradicate noxious weeds at Butler Creek

Below: Rocky Mountain Youth Corps Crew with pose with Rifle Ranger District seasonal employees on top of a new rock wall along the Grizzly Creek Trail.



Left: High school students participating in CMC's Upward Bound Program pose for a picture at the top of the storm king Mountain Memorial Trail



White River National Forest Rifle Ranger District

0094 CR 244 Rifle, CO 81650 Phone: 970-625-2371 Fax: 970-625-2532

Volume 4, Issue 2

Fall 2013

The Rifle Ranger District newsletter is about letting the public know what's happening at their local ranger district. What are our local Forest Service specialists up to and how does it affect you and our community? Please take time to look over this information and contact us with any questions you may have. We hope you will enjoy this biannual newsletter and welcome any suggestions or requests from you.

Rocky Mountain Youth Corps Continues Partnership with Rifle Ranger District

This summer Rocky Mountain Youth Corps crews continued their partnership with the Rifle Ranger District this summer. With support from the Garfield County Commissioners and Steve Anthony, Garfield County Vegetation Manager, resident and out of state young adults ranging from 18-24 years of age were called on to help close the gap of backlog maintenance in our trail system and rangeland management

program. Two Rocky Mountain Youth Corps crews, consisting of 6-8 individuals, spent 12 weeks working in remote locations across the forest. The crews performed a tremendous amount of back breaking manual labor.

Work included but was not limited to: removal of hundreds of fallen timbers across trails and stock driveways, eradication of noxious weeds, fence removal, opening

up miles of overgrown trails with removal of woody vegetation, improvements at the Meadow Lake Complex, construction of rock walls, and trail maintenance along 50 plus miles of trail. Trails crews worked on included but was not limited to: Hadley Gulch, Main Elk, Cayton Gulch, Grizzly Creek and East Elk. Future plans include work in Sweetwater, Middle Thompson, and Mitchell Creek.

Understanding The 10 Essentials for Survival When Hiking and Backpacking

1. Map:

Getting lost in an unknown wild area can be dangerous, even if the area is a small plot of land. Even if you're positive you know the trails blindfolded, you should never be without a detailed topographical map that shows terrain, elevations and trails. Bringing a map will also improve the confidence your group has in their leader.

Whether or not you bring a GPS in addition to your compass, get a map with GPS markings to provide an extra level of safety and security. (In an emergency, a map with GPS grid coordinates will allow you to give "best guess" estimates of GPS locations to rescue personnel, even if you don't have a functioning GPS unit with you.)

2. Compass:

A map without a compass is a canoe without a paddle. You may have some general idea of where you are on the map, but choosing which direction to take can be difficult and potentially deadly. A compass is also vital for triangulating landmarks on the map, a handy method when you are lost. An optional GPS can also add to your ability to find your way, but don't depend on a GPS completely. You still need the compass (and need to know how to use it) in case the GPS batteries run out or it malfunctions. Don't rely on electronic solutions alone to keep you safe.

3. Sunglasses and Sunscreen:

The sun can be one of your worst enemies during a hike if you're not well prepared. Aside from speeding dehydration, too much direct sunlight causes sunburns and can torture unprotected eyes. Sunscreen (unscented, in bear

country) should be at least 30 SPF and sweat resistant to shield your skin from the sun's harmful rays.

4. Extra food and water:

Extra food and water is very important for every hike, but especially for one spanning more than a single day. Lightweight, dehydrated or freeze-dried food, plus high-energy trail mix, keeps your crew functioning during the stresses of the trek. Extra food will help build morale and bring calm during extended emergency situations.

Be aware, however, that on long hikes normal amounts of food will not necessarily make up for calories burned, and you run the risk of bodily shutdown due to low blood sugar. Don't limit your chances of survival by skimping on food! Water is a bit tricky if you're planning a long trek. You'll need at least four liters, and up to seven liters a day (if you're doing any cooking), per person. Be sure that you KNOW where water sources are located and that you have planned for one or more methods of water purification.

5. Extra clothes:

Your trip could be unpleasant if you pack only one shirt or one pair of socks. Weather is often unpredictable, and squishing around in wet socks all day is not an exciting experience. Wearing wet clothes is dangerous, plus your crewmates will be glad you've got a fresh-smelling shirt to wear after a few days of hiking.

Rain gear is also essential, even if the weather forecast shows clear skies. Hiking with no rain protection can send you toward hypothermia, not to mention soaking your clothes. You'll proba-

bly want a FULL rain suit (jacket and pants) for the most protection and as an extra layer of Warmth in cold weather.

6. Flashlight/Headlamp: '

Being blind in the wild is dangerous and debilitating. Bring a flashlight and a headlamp so you can see what you're using as a toilet and what's inside your tent.

7. First aid kit: '

Each person should have a small personal kit. Injuries out in the wild that go untreated can become serious problems.

8. Fire starter:

To help you get a fire going quickly, you should have some type of fire starter, such as fire sticks, Wax candles, or homemade starters. This is especially important for emergency use. When you need to start a fire immediately for Warmth or morale-building and don't need to spend extra time gathering kindling.

9. Matches/Lighters:

From lighting a fire to lighting a stove, lighters and matches are clearly essential. Keep your matches dry and always have a backup plan with multiple redundancies.

10. Knife:

A knife is a handy tool for cutting tape, rope, or dozens of other needs. A multi-tool can be a major improvement over a simple blade, but be sure that its weight does not outweigh its usefulness.